Age Group 6.3 modify as needed

WU: FINS

5x

 2x 25 fish kick (dolphin kick on side, 1 arm up) :30

 2x 25 12:1 :30

 1x 100 free swim 1:30

     \* Focus on good technique and head position!

Drill: (backstroke)  (10 seconds rest between each swim)

 2x 75 s-line KOB

 4x 50 BBK/BBS/BBR/Side Kick

 4x 25 single arm backstroke swim (FOCUS ON ROTATION)

 1x 100 bk swim

M:

2x

 4x 75 bk/br/fr 1:20

 1x 150 free swim Rest :15 seconds

 3x 50 bk/br (focus on turns) 1:10

 1x 150 free swim :15 seconds rest

 3x 25 s-line KOB :40

 1x 75 bk swim (focus on kick 1:30